

ACPS

The Aesthetic Center for Plastic Surgery

FEATURED INSIDE:

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A LETTER TO YOU....

One of the greatest rewards for us as surgeons is not only partnering with you to fulfill your aesthetic goals, but it is the privilege of getting to know you and being the recipient of your trust. We love to hear about the positive changes in confidence and self-image that so many patients experience and share with us through cards and letters.

With the coming new year, we are excited about staying connected with our patients through beautiful, newly designed websites, newsletters, and Facebook. The websites will feature rotating story boards that will provide you with interesting articles related to plastic surgery and the ACPS surgeons. Through our periodic newsletters, we'll spotlight tips to help you look and feel your best. You'll also get to know our doctors, hear about the latest news at ACPS, and read inspiring patient stories.

We are interested in hearing your input about topics and questions you'd like us to address. You may submit your patient



Christmas Tree in Piazza Salimbeni, Siena, Italy

Credit: Gary Yeowell
gettyimages

testimonials anonymously to be considered for publication in future newsletters. If your story is selected to be featured, you will receive a complimentary microdermabrasion or chemical peel skin treatment at ACPS's Added Touch Medical Spa. Please send your thoughts, questions, and stories to Sherri, our ACPS staff writer, editor@mybeautifulbody.com. We look forward to hearing from you and seeing you. All of the surgeons and staff at ACPS send you our warmest wishes for a joyous holiday season and a happy New Year.

Sincerely,

Christopher Patronella, MD, FACS, FICS

Henry Mentz, MD, FACS, FICS

German Newall, MD, FACS, FICS



Sherri Roberts Lopez
ACPS Staff Writer



"We loved hearing my grandmother's stories when we'd get together at holiday time. My grandmother, Mrs. Lulu Bridewell, was a true steel magnolia—she climbed Pike's Peak in 1914 and was the first female school principal in Mississippi.

The small town of Hammond, Louisiana where I grew up had this picturesque church with a white steeple. In fact, a couple of movies were filmed there.

Our family would attend the Christmas Eve service there and, afterwards, enjoy a southern feast with oyster dressing, pecan pie, sweet potatoes, and oysters Rockefeller."

—Dr. Henry Mentz

Plastic Surgery Trend for 2011

Imagine emerging from a single procedure with not only a newly recontoured body, but a more rejuvenated face as well. ACPS surgeons are seeing a surge in the number of patients taking liposuction procedures a step further to include fat grafting enhancement using the fat removed through liposuction.

"Instead of throwing out that precious fat, use it to rejuvenate the face and enhance certain areas of the body," said ACPS surgeon, Dr. German Newall, who often performs the procedure in conjunction with large-volume liposuction.

After completing liposuction to the desired areas, doctors can then take the fat that has been removed, purify it, and inject it into areas of the body where fullness and wrinkle reduction are desired. It is often used to restore a more youthful appearance to the face by filling in facial lines and folds, adding plumpness to the lips and cheeks, and softening hollowness and lines around the eyes. Fat can also be used to resculpt the buttocks to give them a more lifted, projected profile, a procedure that is popularly known as a "Brazilian Butt Lift."

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Dr. German Newall

Fat and the Aging Process

In the aging process, the face and hands gradually lose the fat that contributes to a supple, youthful appearance. As a result, the cheeks and the area under the eyes often becomes more hollow in appearance, and the bones and veins of the hand become more prominent. This diminishment of fat volume, along with a loss

Patient Spotlight

Dianne's Story

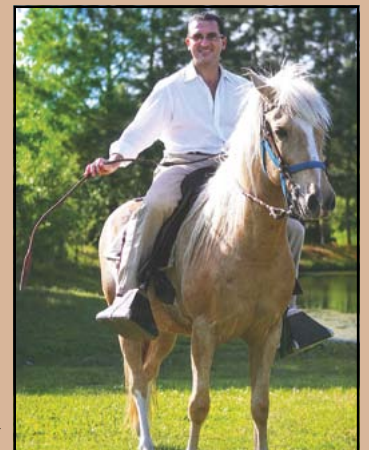
"Being a short person, five feet tall and weighing about 110 pounds, I wore a size 8-10 slacks to cover my large thighs. I called them "thunder thighs." I couldn't wear skirts or trendy tight jeans. I had to wear ample-sized garments because I was embarrassed to walk into a business meeting feeling like my "thunder thighs" entered first. It always seemed like people's attention went right to my thighs instead of my eyes.

I began investigating plastic surgery as an option to help me achieve a more proportionate shape. After a lot of research, I chose ACPS because of its fantastic track record. I was impressed that it's one of the largest plastic surgery practices in Texas and that it has been in Houston for about 18 years. And the doctors are really handsome! It was really hard to choose which one to be my doctor.

By having liposuction on my thighs and a breast augmentation at the same time, I gained the symmetrical shape I had wanted for so long. Finally, I had self-confidence—that people were looking at my face and not my weird shape. And boy, was it fun to go shopping! At last I looked great in a size 4. My ACPS doctors helped me to achieve the spark of self-confidence that a well-proportioned body can offer."

Dianne

"While growing up in Peru, on Christmas Eve, we would have a big family dinner with all of the cousins, aunts, and uncles. After feeding and putting the children to bed, the adults would have a dinner that was similar to an American-style Thanksgiving with turkey, pumpkin pie and pecan pie. Then at midnight, they would wake up the children to open presents. The children would just go crazy with excitement. One of my favorite presents was a three-foot remote-controlled ship. It was state-of-the-art for its time. It had cannons and lights, and I could put it in the swimming pool and engage in battles with my friends."



—Dr. German Newall

of the skin's elasticity contributes to an increase of facial lines and a deepening of the nasolabial folds that stretch from the bottom of the nose to the corners of the mouth. In contrast, fat that is undesired in other areas of the body often increases and becomes more resistant to removal.

Fat Transplants vs. Cosmetic Injectables

Non-surgical procedures using BOTOX® Cosmetic, Dysport®, and hyaluronic acid-based fillers such as Juvederm®, Restylane®, and Perlane® have long been among the most common methods to combat the signs of facial aging. Their lasting popularity is due to the fact that they can be performed quickly in an office visit, and they require little to no downtime. Typically they are completed in less than an hour, and their effects are immediate.

Though a fat grafting procedure requires more initial cost and downtime, the longevity of its results make it a more attractive option to many individuals. In addition, because the fat is harvested from the body, there is no risk of an allergic reaction, though that risk is statistically small with injectables.

“*It’s a real bonus for many people. Patients receive the benefit of body contouring and facial rejuvenation in a single procedure. And the fat transplants have the potential to last for years.*”

Dr. Christopher Patronella

Dr. Christopher Patronella, whose body contouring expertise has been featured on Extreme Makeover, said this provides it with a true cost advantage for patients who desire to add more extensive volume to the face and body.

“It’s a real bonus for many people. Patients receive the benefit of body contouring and facial rejuvenation in a single procedure. And the fat grafts have the potential to last for years,”

Stem Cell Research

Much research surrounds the improvement of both the survival and quality of grafted fat. Dr. Henry Mentz is currently working with leading stem cell researchers to increase the concentration of stem cells contained within a fat graft because of these cells’ potential benefits to surrounding tissues.

“Stem cells are like first aid to fat—they help the fat to survive, so that less fat is required for a transplant. Though their skin rejuvenating benefits have yet to be definitively proven, they may have the potential to tighten the skin and improve its quality,” said Dr. Mentz.

As ASPS surgeons continue to advance fat grafting techniques to bring patients the longest-lasting results possible, the number of patients opting for the procedure will grow larger, the doctors predict. When combined with the dramatic body contouring that can be achieved through liposuction, patients often experience a satisfaction with their new appearance that translates to a strengthened sense of self-confidence.

“Every Christmas Eve, we would have a big gathering at the matriarch’s house with the whole family. It didn’t matter how small the house was, we always managed to fit everyone. We would have a dinner of stuffed artichokes, Italian sausage, and carduni. Then afterwards we’d open presents and attend Midnight Mass. The unspoken rule was ‘Don’t be the first one to leave.’”



Dr. Christopher Patronella

These delicious cookies are a customer favorite at the beloved Peach Tree Tea Room in Fredericksburg, Texas, where they are known as “Mud Dobbers.” Give them as a gift to friends, or take time to savor one for yourself with a cup of coffee.

Chocolate Truffle Cookies

4 ounces unsweetened chocolate
12 ounces semisweet chocolate
6 ounces unsalted butter
1/2 cup unbleached flour, sifted
1/2 teaspoon baking powder
1 teaspoon salt
4 large eggs
1-1/2 cups sugar
4 teaspoons powdered (not granular) instant coffee
4 teaspoons vanilla extract
12 ounces semisweet chocolate morsels (2 cups)
4 cups walnuts, broken into large pieces



Holiday Corner

1. Melt unsweetened chocolate, semisweet chocolate and butter in top of small double boiler. Cook covered for a few minutes. Stir and set aside to cool slightly.
2. Sift flour, baking powder and salt. Set aside.
3. Beat eggs, sugar, coffee and vanilla at high speed for a minute or two. Beat in melted chocolates and butter on low speed to mix. Add dry ingredients and beat just to mix.
4. Stir in chocolate morsels and walnuts
5. Refrigerate for 2 to 3 hours.
6. Prepare cookie sheets with cooking spray.
7. Use 1/3 cup dough for each cookie. Place two inches apart on baking sheets. Bake in a 350 degree preheated oven for 16 to 17 minutes—no longer. The cookies may appear to be soft, but that’s what makes them so good.

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FAST TRACK TO HOLIDAY BEAUTY

Cosmetic Injectables = Quick and Easy Rejuvenation

Our schedules often become supercharged at holiday time as we prepare for family gatherings, parties and gift-giving. Cosmetic injectables will help you look more refreshed and youthful almost immediately so you can look your best while you enjoy all of the fun the season has to offer.

BOTOX® Cosmetic and Dysport® will smooth out the skin by diminishing lines that have formed around the eyes, between the brows and along the forehead, while the hyaluronic-acid based fillers, including Juvederm® and Restylane® can be used to fill in facial lines and folds. They can also add plumpness to the lips and cheeks to give the face a fuller softer look.

Our Gift To You

To express our appreciation for your trust and loyalty, we would like to offer you this limited time opportunity to receive a cosmetic injectable service at a special rate. Our aesthetic specialists will work with you to customize a plan that will provide the facial rejuvenation you desire.



This coupon* is good for \$50 off the cosmetic injectable service of your choice.

Call ACPS at 713.799.9999 to schedule your appointment today.

Offer expires Jan. 15, 2011

*Coupon must be presented at time of service.